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In the Claims

1. (currently amended) An exercise apparatus for use in performing abdominal exercises comprising:
  - a) a back support member having a first side for supporting a back of a user;
  - b) a headrest having a first side for resting a head of a user thereagainst;
  - c) a cradle supporting said headrest and a tension spring directed upwardly from said back support member at an angle between horizontal and 90 degrees from horizontal, said tension spring having one end connected to said cradle and an opposite end connected to said back support member for allowing said cradle and headrest to pivot under a weight of said head of the user means for supporting a neck and head of the user positioned between said back support member and said headrest, wherein when a user performs an abdominal exercise, said supporting means supports said headrest thereby preventing neck and cervical strain; and
  - d) a first extension connected between said tension spring supporting means and said back support member, said first extension comprises:
    - i) a guide track having a plurality of apertures extending therethrough along a length thereof positioned on a side of said back support opposite said first side;
    - ii) a first extension rail having a plurality of apertures extending therethrough and along a length thereof; and
    - iii) a first locking pin, wherein said first extension rail is received by said guide track, and upon extending said first extension out from a first end of said back support member, and aligning said apertures of said guide track and said first extension rail, said first locking pin is received through each of said aligned apertures thereby

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locking said first extension in place.

2. (canceled)

3. (currently amended) The apparatus as recited in claim 1, further comprising means for adjusting an amount of tension in said tension spring support provided by said supporting means, said adjusting means is connected to said supporting means.

4-5. (canceled)

6. (currently amended) [[An]] The exercise apparatus of claim 3 for use in performing abdominal exercises comprising having:

a) a back support member having a first side for supporting a back of a user;  
b) a headrest having a first side for resting a head of a user thereagainst;  
c) means for supporting a neck and head of the user positioned between said back support member and said headrest, wherein when a user performs an abdominal exercise, said supporting means supports said headrest thereby preventing neck and cervical strain; and

[[d]]] a second extension connected between said cradle supporting means and said headrest, said second extension comprising comprises:

i) a U-shaped connection bracket positioned on a side of said headrest opposite said first side, said connection bracket having an aperture extending through each wall of said U-shaped bracket;

ii) a second extension rail having a plurality of apertures extending therethrough and along a length thereof; and

iii) a second locking pin, wherein said connection bracket is slidably connected to said second extension rail is received by said guide track, and upon positioning said headrest at a desired distance from said supporting means and aligning said apertures of connecting bracket and said second extension rail, said locking pin is received through each of said aligned apertures thereby locking said second extension in place, said headrest being pivotable about said second locking pin allowing for an

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adjustment of an angular position of said headrest.

7-8. (canceled)

9. (currently amended) The apparatus as recited in claim 8 [[2]], wherein said cradle has a plurality of recesses further comprises a recess for receiving an end of said second extension rail opposite said head rest and a securing pin for securing said end in one of said recesses, each of said recesses being at a different angle from a center of said cradle thereby allowing said headrest to be initially positioned at any one of a number of angles with respect to said back support member wherein said end is secured within said recess by said securing pin.

10. (currently amended) The apparatus as recited in claim 9, wherein one of said recesses is at an angle allowing said second extension rail can be secured to said cradle by said securing pin in a first central position wherein said headrest to form forms a right angle with a surface on which said apparatus is resting.

11. (currently amended) The apparatus as recited in claim 10 [[9]], wherein another one of said recesses is at an angle allowing said second extension rail can be secured to said cradle by said securing in a second forward position wherein said headrest to form forms an acute angle with a surface on which said apparatus is resting.

12. (currently amended) The apparatus as recited in claim 11 [[9]], wherein another one of said recesses is at an angle allowing said second extension rail can be secured to said cradle by said securing in a third semi-prone position wherein said headrest to form forms an obtuse angle with a surface on which said apparatus is resting.

13. (currently amended) The apparatus as recited in claim 12 [[1]], further comprising at least one gripping handle pivotably connected to said back support member for providing stability during abdominal exercises.

14. (currently amended) The apparatus as recited in claim 13 [[1]], further comprising a plurality of support legs positioned on a side of said back support member opposite said first side of said back support member.

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15. (currently amended) The apparatus are recited in claim 14, wherein each of said plurality of support legs extends telescopically from said side opposite said first side of said back support member.